controlling the cooking process in response to at least one temperature value outside the food being cooked and at least two temperature values picked up at different depths within the food being cooked by a cooking process sensor stuck into the food;

determining at least one parameter of at least one of the food being cooked and a cooking utensil for the food being cooked via temperature variations over time of the temperature values; and

utilizing the at least one determined parameter for controlling the cooking process.

32. The method of claim 31 wherein at least three temperature values are detected by the cooking process sensor within the food being cooked at different depths of penetration.

33. The method according to claim 32 wherein at least four temperature values are detected.

34. The method according to claim 31 wherein said temperature value detected outside the food is detected adjacent a surface of the food being cooked by a temperature sensor built into a handle of the cooking process sensor stuck into the food.

35. The method of claim 31 wherein at least one moisture value is registered by the cooking process sensor and is drawn upon for controlling the cooking process.

36. The method according to claim 35 wherein the process sensor measures at least one moisture value within the food being cooked.

37. The method according to claim 31 wherein airflow at least at the cooking food is registered by an airflow sensor of the cooking process sensor and is utilized for controlling the cooking process.

38. The method of claim 31 wherein differential temperature values between sensors arranged spaced apart along a direction of penetration of the cooking process sensor are detected and used for controlling the cooking process.

39. The method according to claim 31 wherein at least two moisture value sensors are provided in the cooking process sensor and differential moisture values are obtained and utilized for controlling the cooking process.

40. The method of claim 31 wherein the determined at least one parameter of the food being cooked is core temperature of the food being cooked, placement of the cooking process sensor and the food being cooked, diameter of the food being cooked, density of the food being cooked, type of food being cooked, degree of ripeness of the food being cooked, pH of the food being cooked, consistency of the food being cooked, storage condition of the food being cooked, smell of the food being cooked, taste of the food being cooked, quality of the food being cooked, browning of the food being cooked, crust-forming of the food being cooked, vitamin decomposition of the food being cooked, formation of carcinogenic substances in the food being cooked, hygiéne of the food being cooked, and heat conductivity of the food being cooked.

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41. The method according to claim 40 wherein the determined placement of the cooking process sensor in the food being cooked comprises the sensor being at a core point of the food being cooked.

42. The method according to claim 31 wherein the parameter of the food being cooked is determined by extrapolation of values registered by the cooking process sensor.

43. The method according to claim 39 wherein the parameter of the food being cooked is determined by iteration of values registered by the cooking process sensor.

44. The method of claim 31 wherein the determined at least one parameter of the cooking utensil is at least one of power, amount of air circulated, energy consumption, batch, specific performance, and load power ratio of the cooking utensil.

45. The method according to claim 44 wherein the cooking utensil parameter is determined by extrapolation of values registered by the cooking process sensor.

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46. The method according to claim 44 wherein the cooking utensil parameter is determined by iteration of values registered by the cooking process sensor.

47. The method of claim 31 wherein at least one of temperature values, differential temperature values, moisture values, and differential moisture values picked up are supplied by the cooking process sensor to a control unit for at least one of the heater element, a cooling element, a ventilator, a unit for introducing moisture into the cooking space, a unit for discharging moisture from the cooking space, a unit for supplying energy, and a unit for dissipating energy.

48. The method according to claim 44 wherein the method controls the path of the cooking process.

49. The method according to claim 48 wherein the method achieves a set cooking result.

50. The method of claim 31 wherein at least one of temperature values, differential temperature values, moisture values, airflow values and differential moisture values picked out by the cooking process sensor are utilized for controlling at least one of temperature path, moisture content, and air flow of at least one of the food being cooked and the cooking utensil.

51. The method of claim 31 wherein at least one of water activity and moisture content of the food being cooked is determined by the cooking process sensor.

52. The method according to claim 51 wherein the parameters determined are supplied to an evaluating unit.

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53. A cooking process sensor system, comprising:

a tip equipped with at least two temperature sensors and shaped and designed for introduction into the food being cooked;

a handle for insertion of the sensor into the food being cooked; and

a cooking utensil having an evaluation and control unit for determining at least one parameter of at least one of the food being cooked and the cooking utensil for the food being cooked via temperature variations over time of the picked-up temperature values and for utilizing the determined parameters for controlling the cooking process.

54. The system according to claim 57 wherein at least four temperature sensors are provided at the tip and at least one temperature sensor is provided at the handle of the sensor.